

PHYSICAL DEMANDS ANALYSIS WORKSHEET For use of this form, AR 611-1; the proponent agency is DCSPER					PAGE	OF	PAGES	
MOS		CMF		DATE COMPLETED (YYMMDD)				
<b>SECTION I - DUTIES</b>								
<b>SECTION II - TASK SUMMARY</b>								
SECTION III - CRITICAL TASK ELEMENT				SECTION IV - CRITICAL PERFORMANCE MEASURE				
FACTOR <i>a</i>	WEIGHT/ LOAD <i>b</i>	HORIZ- DISTANCE <i>c</i>	VERTICAL DISTANCE <i>d</i>	WORK RATE/PERFORMANCE STANDARD <i>e</i>	MOS FREQ <i>f</i>			
					NP	O	F	C
1. LIFT/LOWER								
2. CARRY								
3. PUSH								
4. PULL								
5. LOAD BEAR								
6 WALK/MARCH								
7. CLIMB/DESCEND								
8. RUN/RUSH								
9 SWIM/DIVE								
10. DIG								
11 CRAWL								
12. THROW								

FACTOR <i>a</i>	WEIGHT/ LOAD <i>b</i>	HORIZ- DISTANCE <i>c</i>	VERTICAL DISTANCE <i>d</i>	WORK RATE/PERFORMANCE STANDARD <i>e</i>	MOS FREQ <i>f</i>			
					NP	O	F	C
13. HANDLE								
14. FINGER								
15. HAMMER/POUND								
16. SIT								
17. RECLINE								
18. REACH								
19. STAND								
20. STOOP								
21. KNEEL								
22. CROUCH								

**SECTION VI - EXPLANATION/COMMENT - PHYSICAL DEMAND FACTORS**

**SECTION VII- (PHYSICAL DEMANDS RATING) FOR USE BY APPROVING AUTHORITY**

LIGHT     MEDIUM     MOD. HEAVY     HEAVY     VERY HEAVY

*EXPLANATION AND SPECIFIC INSTRUCTIONS FOR COMPLETION OF WORKSHEET ARE CONTAINED IN WOMEN IN THE ARMY POLICY REVIEW, ODCS PER, DA 12 NOV 82.*